

Yoga @ finca la maroma



Outer Strength, Inner Light Sun 9 – Fri 14 May 2021

Matt (The Bearded Naked Yogi) will lead you through asana and meditation, based on the fundamental principles of traditional Hatha Yoga, helping you develop your physical strength and cultivate your inner light.

A retreat designed to revitalise the physical body, refresh the subtle energies and develop awareness of the inner and outer landscapes, enabling you to enjoy your own experience of yourself through your breath and your body.

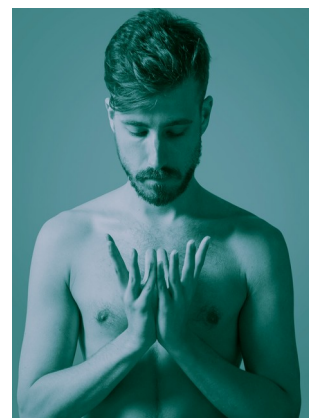


Find your Inner Yogi Sun 16 – Fri 21 May 2021

*We all have one, the inner yogi. It's just a case of knowing where to look to find him. **Matthew (Brewer Street Yoga)** says: I found mine at Finca la Maroma, and on this yoga holiday we'll explore our relationship with ourselves, with the men around us, and with the world at large, and see if we can find yours too. Suitable for beginners and experienced yogis alike, we'll look at both the physical side of yoga: flexibility, strength, balance, breathing; as well as the mindful side of yoga: meditation, self-awareness, inner calm.*

Breath & Flow Sun 23 – Fri 28 May 2021

*Join **Stefan (Bare Yoga)** for a week of connecting to your breath and body through daily practices of meditation, tai chi and yoga (including some poses in pairs), as well as focused work on building up to more advanced breathwork practices (pranayama).*



Each **Men's Naked Yoga Retreat** at Finca la Maroma includes:

- 5 nights accommodation (shared double studio / single option available*)
- Full and varied programme of daily yoga; meditation, pranayama, asana
- Inclusive teaching appropriate to all levels of fitness and experience
- Plenty of free time to enjoy the space, tranquillity and freedom offered by Finca la Maroma's beautiful secluded location (see www.fincalamaroma.com)
- Delicious home cooked vegetarian meals (including wine with dinner)
- Use of heated pool, jacuzzi, gym, all in a clothing-optional environment
- All Covid-19 cleaning, social distancing, and open-air yoga for maximum safety
- Transfers to the Finca from Torre del Mar (airport transfers extra)
- Optional chillout weekends (20% discount, or **free** if you book two retreat weeks)

Booking:

€725 per person

*Private Studios (double for single occupancy, on a limited basis) for a €200 supplement

25% deposit to reserve a place. Balance due one month before the event begins.

Special Offer : Stay on or arrive early and relax over the **"Chillout Weekends"** of 14-16 or 21-23 May and enjoy a 20% discount (i.e. room only for €96 per night), or if you book two retreat weeks, the weekend in between is free of charge!

Travel:

Arrival on Sunday - please book a flight to Malaga which lands by about 16:00 to ensure you're here in time for the welcome drinks and dinner.

Transfers to the Finca from Torre del Mar (reached by train and bus from the airport) are included in the cost of the retreat.

Direct airport transfers are also available at €60 each way for up to 3 passengers.

Departure on Friday after lunch.

Contact Tom or Mark to reserve your place:

email: fincalamaroma@gmail.com

telephone: +34 951 90 48 21

